

POOR DOCUMENT

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THE EVENING TIMES AND STAR, ST. JOHN, N. B., THURSDAY, APRIL 1, 1920

"WHEN A MAN MARRIES."

Rules for Bank Clerks Forced By High Cost of Living.

Chicago, April 1.—Single men cannot get married unless they get \$125 per month or over. This is one of the rules of the book of regulations of the Chicago Federal Reserve Bank. Should they desire to get married with a salary less than that figure they must consult the chief clerk. Allowances are made where the bride-to-be works and gets a fair salary and will keep on her job, or where the families will help in case of need.

"We don't want our employees to get in a situation where they may find themselves in desperate need of money," said C. R. McKay, vice-governor of the Federal Reserve Bank here. "We are afraid that marriage on short funds is likely to put a man in that situation."

The book of rules also says: "Gambling—All forms of gambling or speculation are strictly forbidden. The bank insists on your adherence to this rule."

"Gossip—A vile habit, is easily acquired, grows rapidly, is rarely cured, and always leaves a scar. It is contemptible in business, deplorable in the home and ruinous in society."

PRISONERS PAROLED FOR TENNESSEE FARM WORK.

Governor Roberts Acts to Meet Increasing Complaints of Labor Shortage.

Nashville, Tenn., April 1.—The shortage of farm labor will be relieved in part in Tennessee by the parole of prisoners from the penal institutions. Governor Roberts announced today that so many appeals have reached him for assistance that he had decided to parole to farmers every inmate of the state prisons who could comply with the parole requirements.

Farmers attribute the shortage of labor to the high wages being paid in cities, which have drained the rural districts of young men.

Tongue-Tied.

Doris—"Why don't you marry her?"

Jack—"I'd like to, but unfortunately, she has an impediment in her speech."

Doris—"What is it?"

Jack—"She can't say 'yes'."—Tit-Bits.



YOUR new Spring Stetson is vastly more than a correctly-styled hat. It has a blue-ribbon pedigree that assures you fixed and unwavering standard of Quality.

JOHN B. STETSON COMPANY
Philadelphia, U. S. A.

STETSON

MILK AND EGGS AS PREVENTATIVE OF DISEASE

(Stuart, Fla., Messenger.)

Dr. C. F. Hodges, of the University of Florida, Gainesville, who is touring the east coast in behalf of public health, states in his many addresses to the public school children that "investigation has proven that the proper use of sufficient milk products and eggs insures good health," and to bring the facts closer, he also states that it has been found that the majority of deaths from the recent epidemic of influenza were cases who did not use sufficient milk products and eggs.

Of the importance in the diet of children of the use of milk and eggs, there can be no doubt, and there should be no scarcity of these products in Florida. If there is, the scarcity should be overcome.

We give below an address given by Henry S. Penock, at Okelanta Harvest Home, on the necessity of milk to the human race, especially for children, and as disease preventatives.

Milk and its products are the one essential human food. Why? Vitamins! To prove this discovery of the Johns Hopkins as to properties in milk called "vitamins," they have taken the animals that require the same food as man and experimented with them till they know what lack of vitamins will do.

One kind is found in the fat of milk, another in skim milk. A lack of the fat of Vitamins is shown by sore eyes which may result in blindness. At the breaking of the great war the people of Denmark sold most of their butter fat to Germany. Their children got sore eyes, when they stopped selling it, their children got well.

The vitamins fight diseases. In the city districts where milk is used sparingly, the death rate is highest in tuberculosis; also is highest in infantile cases. And this is due not simply to poverty and congestion, because the Jews who live in the same district are not so affected. A good example is found in West Palm Beach. Tuberculosis is much higher among the negroes than among the whites, the negroes using almost no milk. In an Alabama orphanage the children had plenty of milk up to six years of age, after which they were skimmed. Under six they had no tuberculosis, over six they had it. In an insane asylum in the same city, they had much pellagra, but when they gave the inmates a good supply of milk, it disappeared.

It is possible to get these vitamins in other foods besides milk, though not in sufficient quantities to make the vital, progressive people that Americans and other milk-consuming people are. The leaf part of the vegetables count in these elements, and the human body can get enough from this source to sustain it, but not to make it progressive. The Chinese illustrate this. Their diet consists mostly of cereals and vegetables, but they are the same as many thousands of years ago.

The climate is not the sole factor in making a tribe or nation. During the war we all read of the great fighting soldiers the British had brought from India. These men were from tribes that kept animals and consumed milk. In India, where it is no hotter than where these fine fighters lived, are other tribes not in the war; they are vegetable and mild flesh eating people and unfit for soldiers.

The cow is a necessity to the human race. The vitamins were found in the leaf parts of plants, and the cows are a great factory for converting these for the consumption of mankind. She goes in great mouthfuls of roughage and sends it through her body, making it palatable.

Not only is the milk valuable for concentrating vitamins, but it also compares well with other foods in food value. A quart of good Jersey milk is equal to eight eggs, and if eggs are worth sixty cents a dozen, milk is worth thirty-five cents a quart. But a cow means work. What worthwhile thing does she do? Chickens are essential. The average hen lays about eighty eggs per year. The average cow gives about 1,400 quarts a year. This if she were laying eggs, would amount to 11,000 eggs. Some hen's lay 10 average hens, or seventy good hens.

The average ordinary cow is the kind to start with. She will not require much attention, but will almost take care of herself. I believe a good variety of roughage will preclude feeding grain.

The amount of food a cow produces is so great, and the quality of her milk is so uniform, regardless of the kind of food she gets, that, if she does not get proper food the elements necessary for milk she takes them from her body. If this continues, the good cow that does not stop milking sickens and dies. Hence, start with medium or grade cows. They will pay you little at first for your labor, but may be made to pay in the end.

Working along and shipping your milk in bulk you can handle ten cows at five quarts per day, at 12½ cents per quart you receive \$6.25 per day for labor, purchase feed, etc. When with experience and a good bull you get your cows up to eight quarts per day they begin to pay and the business becomes a real pleasure.

Children's Haircutting Shop—4th Floor. April 1, '20.

The General Excellence of Our Spring Apparel is a Matter of Special Comment

Our plans for spring have been broader and more comprehensive than ever before and the unqualified expressions of approval from our many customers have only been commensurate with our efforts to give the best possible values and styles for the price.

COATS

For Easter and the Days to Follow.
Velours, Tricotines, Polo Cloths, Broadcloths, Donegal Tweeds, Coverts, Poplins, Gabardines in desirable shadings, and stylings that are truly appealing.
\$19 to \$100.

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that carry a subtle note of artistry in every line. They come in Serge, Tricotine, Poirer Twill, etc., with Navy shades so pleasingly predominant.
\$40 to \$150.

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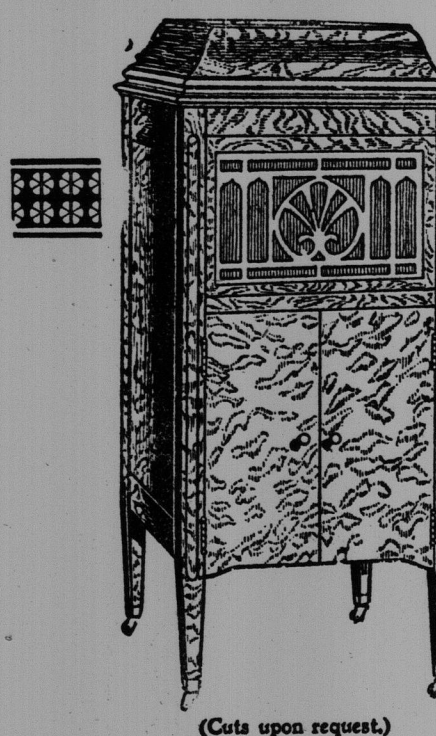
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This instrument is finished in Mahogany in full size Cabinet and equipped with Castors, Automatic drop top, Automatic stop and tone control.

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ORDER EARLY — As we have a very limited number of these Instruments in stock.

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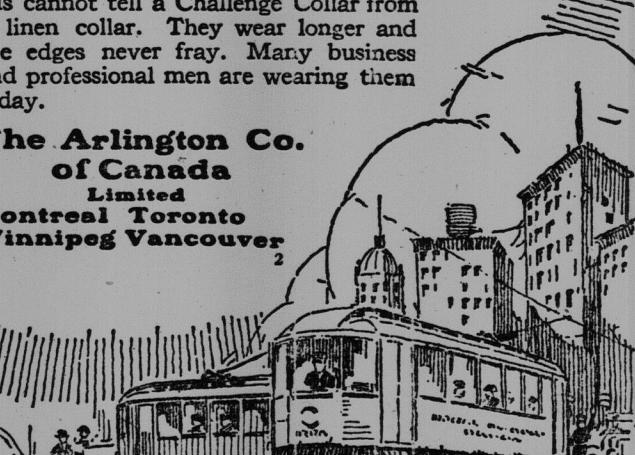
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guarantee that neat appearance, whether your work is in the factory, outdoors—exposed to sooty air—or on dirty railway trains. Every trace of dirt on a Challenge Collar disappears with the application of a damp cloth.

And your friends cannot tell a Challenge Collar from a linen collar. They wear longer and the edges never fray. Many business and professional men are wearing them today.

The Arlington Co. of Canada Limited
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A DANGEROUS WARNING — BLEEDING GUMS

Are your gums tender? Do they bleed when brushed? If so—watch out for Pyorrhea.

This disease of the gums, which afflicts four out of five people over forty, not only destroys the teeth, but often wrecks the health.

In Pyorrhea, the gums become spongy, then recede; the teeth decay, loosen, and fall out—or must be extracted to rid the system of the infecting Pyorrhea germs, which breed in pockets about them. These germs lower the body's vitality and cause many diseases.

You can keep Pyorrhea away. Visit your dentist often for tooth and gum inspection, and use Forhan's L or the Gum.

Forhan's For the Gums prevents Pyorrhea—or checks its progress, if used in time and used consistently. Ordinary dentifrices cannot do this. Forhan's keeps the gums firm and healthy—the teeth white and clean.


Start using it today. If your gums have receded, use Forhan's according to directions, and consult a dentist immediately for special treatment. See and G.C. tubes in Canada and U.S. If your druggist cannot supply you, send to us direct and we will mail tube postpaid.

FORHAN'S, LTD., Montreal

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FOR THE GUMS

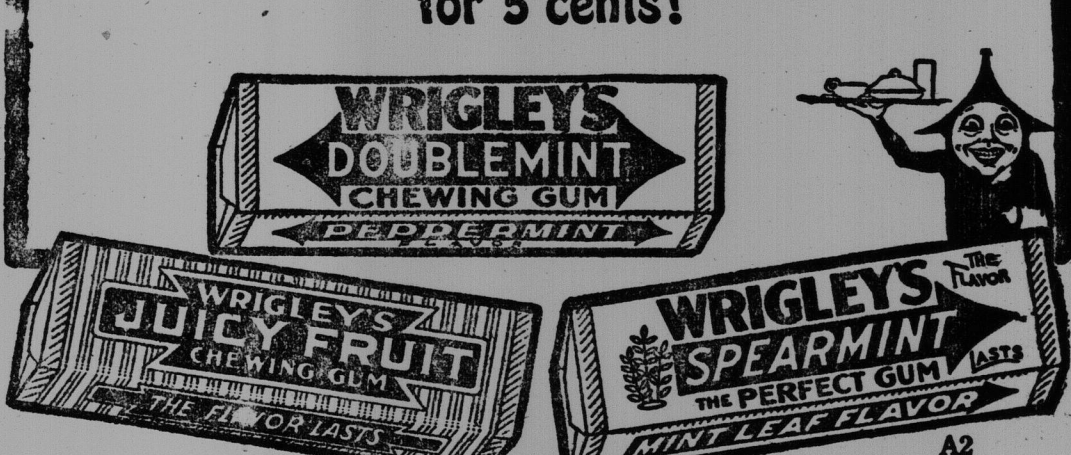
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After a hearty meal you'll avoid that stuffy feeling, if you chew a stick of

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